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A MISCELLANEOUS

# ESSAY

ON THE

## RHEUMATISM, GOUT, and STONE.

IN WHICH

The CAUSES of those Diseases are proved  
to arise from the same Origine; their  
CURBS, and PREVENTION, are fully  
and regularly stated; and some peculiar  
and sure METHODS and MEDICINES  
are recommended to the Publick.



L O N D O N

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**T H E**  
**P R E F A C E.**



*Have undertaken to treat of these three Diseases as nearly allied to each other; and I hope my Readers will rest satisfied, upon the Perusal, that I have drawn the Parallel tolerably well: I cannot however assure them, that the Cure of any one of these will serve to eradicate the other; on the contrary, their*

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various Gradations require various Applications, which differ very widely from each other; and this can be no Surprize to any thinking Men; because the least Change in any Affairs which relate to Physick, gives us far other Views than we imagined at first. I have entred sufficiently into this Consideration in the following Sheets, and might have enlarged much more, if my Design had been to increase the Bulk of the Pamphlet; but I only designed these Pages to chalk out a Parallel, and to assure the Distressed I have some easy Methods to relieve them. If I am mistaken in the Speculative Part, it is however my Comfort, that I have no Reason to repent me of my Medicines I administer for the Distempers following.

following. A Time will come, when I shall be at Leisure to give some successful Account of my Proceedings, and that will convince, whilst this persuades.

How many suffer under these Racks, who might have passed their Lives in tolerable Ease to a good old Age? Perhaps it is impossible to cure the GOUT and STONE; but I assure my Readers, it is easy to alleviate and sooth: It may not be possible wholly to prevent Fitts of the GOUT, or dissolve a STONE within us; but I will maintain it easy to lessen the Fury of both, and prolong Life so as to enjoy some tolerable Share of the Pleasures of it. The bold Promises  
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we daily meet with from Pretenders are my Aversion. I never yet knew, upon a full Scrutiny, one Person, who either had a Fitt of the GOUT wholly prevented, or a Grain of a STONE dissolved by the most celebrated Arthritic or Lithonriptick Medicine; and surely if we examine the Abilities of these Promisers, we must be stagger'd at their fool-hardy Affirmations. We have been as boldly banter'd of late by an Advertisement in our Publick Papers, as it was possible, and yet we see it well attested by some of the most considerable in the Profession of Surgery, that this was false and ridiculous. They promised with the Air of French Prophets, and they performed like them.

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*I think it needless to detain you, Readers, longer at the Threshold; if I should, the Porch would bear a Disproportion to the Fabrick. I shall only beg you will give me Credit in my Advances, and in return I do promise you all the Success I have here aimed at; and then neither you or I shall have Reason to complain: That is, you will find Relief and Safety, and my Share will be Honour and Profit, which is what both You and I wish for. Since then both of us have our Wishes completed, we are upon the Level.*



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# MISCELLANEOUS ESSAY, &c.



THE Distempers which I have undertaken for your Entertainment, to wit, the *Rheumatism*, *Gout* and *Stone*, have too near an Alliance to each other to be treated of asunder; for no one has ever yet been violently afflicted with *Rheumatick Pains*, who did not by Length of Time feel the Smart of the *Gout*, and at last of the *Stone* also, which seems to me to give sure Grounds,

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at least, to suspect that the Causes of these Distempers are very nearly the same; for in the common Course of *Petrification*, we observe a Viscid to turn into a Glewy Substance, and at last this turns into a Stone; and that I am in the right, I hope to make it evident enough before I end this Discourse, at least as far as Reason and Experience can bear me Witness in the Affair.

I shall therefore first describe to you the Symptoms by which you may discover these Distempers; next, the Causes; thirdly, the Consequences of each; fourthly, the common Methods used for the Relief; and lastly, my own Thoughts, which I leave to the Publick to pass their Sentiments upon.

A *Rheumatism*, or *Catarrhal Pain*, is taken for universal Pains spread over the whole Body; which are of two Sorts, to wit, they are either attended with Swellings, or the Parts are grievously pain'd; in the latter of which the Skin is neither discoloured, nor is there a Swelling any where at all.

A *Gout* is termed the *Physicians Reproach*; however, the Frequency of the Disease, its Cruelty, Antiquity, and its Difficulty, make it deserve a serious Consideration;

sideration ; and as it is an abstruse Disease, I hope my Readers will rather excuse than censure this short Attempt ; for so much could be said of it, that it is not reasonable to believe I design to exhaust the Subject.

I shall wave the common Method of telling you from whence the *Gout* derives its Name, as being too Pedantick an Entertainment for common Readers, at least too little Instructive to such as wait to read more solid Thoughts upon so serious an Affair ; wherefore I shall drop such Excursions, and observe, that the *Gout* is not peculiar to Men only, as could be made out, if this Assertion were not also foreign to my present Purpose.

It is observable, that Men, and more especially *Old Men*, are most subject to the *Gout*, and this Remark is confirm'd by the Experience of all Ages ; and among *those*, they, generally speaking, are the most liable to it, who are of a plump, full, juicy, plethorick Habit of Body ; also such as are of the wiser Sort, and such whose Riches have driven on to Excesses in Venery and Banqueting. Such, in short, as have delivered themselves up to an unactive, lazy Life sel-

dom fail of frequent Visits from this troublesome Guest. Sometimes also, altho' seldom, abstemious Persons, who have upon Heats and Exercises received sudden Colds, are taken into the Number. Women are rarely attacked by this Enemy, unless their *Menstrua* fail them unseasonably, or unless they be of a Masculine Constitution, and replete with Humours. *Eunuchs* are free from it, as also Children; and it seldom torments young Men of a vigorous Habit, unless they are sprung from Gouty Parents, or have ruined their Vitals with Excess in Diet.

The Spring and Autumn are observ'd to be its Times of Seizure; and accordingly it generally exercises its Fury in *Februdry* or *September*.

Its Forerunners are a bad Concoction, by which the Victuals they swallow down, feel to them like a Load rather than Refreshment; from hence an universal Lassitude or Weariness, an unusual Heaviness of all the Joints, a Swelling all over the Body, especially at the Articulations, gradually increasing, denote the Gout to be at hand: Then they feel as it were an Humour dropping into the fleshy Parts, placed near the Bones so manifestly, that it has been called from  
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this very Symptom alone, a Gout, Rheum, or Catarrh. The Urine also is at this Season changed from a Citrine and Amber to a Pale and Watry Colour. The Sweats which used to be thrown out by the Pores of the Toes, are check'd: Commonly the Day preceding the Fitt, they are more hungry than usually, which however is easily perceived to be a false Appetite. After all these, at Midnight a Pain first creeping, presently pricking, and lastly tearing, and as it were disjoining, attacks the great Toe or Heel, the Veins being puff'd up and swell'd about these Parts; the Body shakes and shivers, and grows feverish: The Pulse is quick and frequent; they grow thirsty, their Urine grows red, and is full of a red sandy Sediment, and is little in Quantity. In the mean while, the Pain now burning, pricking, distending, and sharp, increases and racks the Nerves, Membranes of the Bones, and Ligaments of the Joints, where about it has settled; the Diseased lose all Patience. When it has raged for twenty four Hours, (for a Truce is obtained sooner or later, according to the Nature of the offending Humours) the Parts begin to swell, and the Humour

is either *Inflammatory* or *OEdematous*, as the Humours are more or less sharp. However, for some succeeding Days, the Fitt comes on always towards the Evening, continues to give great Uneasiness all Night, and forecloses all Sleep. Afterwards, it attacks the other Foot in like manner, and then the Part first grieved is a little alleviated; and thus the Matter of the Gout abating of its Hurry and violent Fermentation, is generally evacuated in twenty Days. However, in some this happens sooner or later, according to their natural Temperaments; and all this while, the Gouty are Costive, and their Urine is Red, but little in Quantity.

So soon as the Fitt begins to abate or go off, a great Itching comes upon the Parts affected, and the Scarf Skin renews itself, and the Patients generally grow very libidinous.

After the Disease has tortured the Wretched every Year with a Fitt or two for some Years, it spreads itself, and extends its Boundaries; for then it attacks the Knees, Hips, the Joints of the Fingers, the Wrist, and all the Junctures; even the Nose and *Vertebrae* feel its Rage, and so fiercely, that it breeds Tumours

mours and Nodes, in which it heaps up a tenacious Lymph about the Joints; nay it even occasions Loamy, Chalky, and Stony Concretions thereabouts, which have often been extracted, and even have broke their Passage thro' the Skin. Then the Parts grow rigid, and become inflexible, emaciated, contracted, and destitute of Motion and Sense, unless when some intolerable Spasms of the Tendons excite them. These are followed by racking Pains of the Bowels and Intestines, sharp Pains in the Kidneys, and voiding of Stones. The Pain, altho' it be milder, continues without Intermission, which, if it chances to be joined to a Colick, a Pleurisy or a Flux, destroys the Patient.

From this short History of the Disease, which you will find agreeable to Experience, and all Authority Ancient or Modern, it is plain that the Seat of this Matter, and its Action, is placed in the Junctures of the Bones.

The Juncture, or Closing together of the Bones is called the Place, where two Bones meet each other at their Extremities, in the many and various Manners enumerated by Anatomists. Our

Business is to take a View of every Particular found there, to wit, of the *Bones*, *Periosteum*, *Ligaments*, growing to the Extremities of the Bones, and knitting the Bones together; Tendons of Muscles fixed to these Parts, an *unctuous Liquor* spued out in great Plenty between the Joints, *Cartilages*, *Arteries*, *Veins*, *Nerves*, and *Lymphæducts*.

The Bones arise from tendinous Febrils applied together in an Order not parallel, which are coupled by intermediate Twigs implanted from one Fibre to another adjacent: To these *Lamellæ* a new Plate like the former is added, 'till the Bone has acquired its proper Thickness. These *Lamellæ* put on a bony Consistence, by reason of mucous, cartilaginous and hard Particles, from which they are framed: These tendinous and thick Filaments of the Bones separate a peculiar Juice from the Blood Vessels, dispersed thro' all the Bones; which ouzing out into these *Lamellæ* just now described, harden by Degrees into a Bony Nature. All these Particulars are manifest from the first Formation of the Bones in *Fætus's*, from their Increase, from the Manner of the Reconsolidation of broken Bones, from the monstrous

monstrous Shapes of Bones, from the Resolution of them by Coction or Exsiccation; and lastly, from the Structure of Horns and Nails. Whoever is curious to know more on this Affair, may be well informed by such Authors as have wrote on this Subject at large. The Readers, I hope, will judge it sufficient for me to have transcribed their Sentiments, and to have given them the Whole of them in *Short-Hand*.

The *Membrane* investing the Bones, possesses a most exquisite Sense in common with other Membranes, and being of a Fibrous Structure, has a most quick Sense, and communicates with the common Sensory of the Brain. Hence it is, that it excites Motions, especially since it is so joined to the Tendons of the Muscles fix'd to the Bones at the Heads of them, that they seem to be of one Origin.

The *Ligaments* (which are so strictly joined about the Heads of the Bones or the spongy Part, that from thence only it is manifest, that these spring from those) are a Heap of incrassated Tendons which by an interchanged Series of Orders send forth bony Fibrils; and therefore give not only Connexion, but even

even Stability to the Bones ; yea, they surround those Parts where the Bones (whether they be Convex or Concave) touch each other ; and in that Part they cause a Facility in Motion by their remarkable Smoothness, as may be seen every where.

A *Tendon* is called that Part of the Muscles, which contains a Bundle, in which Nervous Fibres are joined, which are distributed thro' the whole Body of the Muscles. But concerning this Affair, you may consult the larger Treatises of Anatomies.

The *Unctuous Liquor* springs from the *Mucilaginous Glands*, lately discover'd by Dr. *Havers*, which consists of small *Vesicles*, which are dispos'd upon several Membranes, lying one over another ; of which Membranes there are several in every one of these Glands, which appear evidently in them that are hydropical ; they have their Blood Vessels as other Glands, but their Veins have a particular Flexure in their Course for retarding the Return of the Blood from the Glands, that the Unctuous or Mucilaginous Liquor, which is not separated with the greatest Expedition, may have time to penetrate the Secretory Pores  
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of the Glandules, The Design of these Glands is to separate a Mucilaginous kind of Liquor, that serves principally to lubricate the Joints, to make them so slippery, as to be mov'd with the greatest Facility imaginable. It serves likewise to preserve the Ends of the articulated Bones from Attrition, and an immoderate Incalescence. But all these things it performs in Conjunction with the Medullary Oil, of which two Ingredients is made a Composition, admirably fitted for these Ends: For the Mucilage adds to the Lubricity of the Oil, and the Oil preserves the Mucilage from growing too thick and viscous.

A Cartilage is a white Part, drier and harder than a Ligament, but softer than a Bone; it renders Articulation more easy, and defends several Parts from Injuries from abroad. In aged Persons they commonly grow bony; they are planted round the Edges of the Socket of the Bones, to hinder their Luxations.

As for the Arteries, Veins, Nerves, and Lymphaducts, they need no Description, as being well known.

From this easy and succinct Explication of the particular Parts composing  
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an Articulation, it appears what is the Aliment of the Juncures, and by what Conveyances it is brought to them; namely, out of the *Medulla* of the *Brain*, and *Spine*, small Fibres issue forth, and putting on the Nature of a firm and r<sup>e</sup>gnacious Consistence, create Nerves to be distributed through the whole Body; which being dispers'd in great Numbers among the Muscular Parts, being again united, issue forth in the Form of a Tendon, and being fix'd to the Bones, put on the Nature of a Ligament, and in like manner constitute Bones. The best Anatomists must acknowledge, that there is somewhat liquid in Nerves; that this Liquid is the Off-spring of a most perfect Concoction, its Situation and Origin do convince us; and the Jelly of the Bones inform us, that the Bones, and whatever is join'd to them, do consist of such a Substance; their Distillation affording a great deal of Volatile Salts and Oil, makes plain; their viscid and oleose Liquor bedaubing these Parts, which is not unlike what the *Medulla* affords in the truncated Tails of Animals, also convinces us of this Truth. I do not deny that the Arteries do contribute their Share in this Affair;

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but I take it as most probable, that the Nerves afford this Aliment to the Bones primarily and principally. This Aliment indurates and grows white when detain'd near the Bones.

The Stone is nothing but a Concretion of Molecules of Salt and Earth, acquiring a Hardness; to wit, the Earth is join'd with some Salts and Mucilage into an irregular hard Body. They who are troubled with the Stone, have the following Symptoms, to wit, a Loathing, Vomiting, Colick, violent Stranguries, Faintings, Convulsions, pale Water, sometimes bloody, a gravative Pain about the Groin, an Inclination to go to Stool often, an Itching about the Privities, and such like.

A Rheumatism is call'd an universal Gout, because it attacks all Parts indifferently, tho' we take it for any Pain which is not on the Joints. This Distemper is sometimes join'd with an Impotence to Motion; which Impotence does not proceed so much from an Obstruction of the Nerves, as from an intense Pain, by reason of which the Muscles cannot contract themselves; also sometimes it is Universal, but at other times only particular, like a wandering Gout.

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The Cause of a Rheumatism is a serous, saline, and acid Humour, coagulated into a Viscid abounding in the Blood. This Humour is more copious in a Rheumatism than in a Gout, and by reason of its Quantity, it falls upon the membranous and sensible Parts of the whole Body by the Conveyance of the Arteries. How true this is, the Blood drawn off by a Lancet in Rheumaticks makes plain; which shews its Viscid at top of the Blood; and the Strength, after bleeding, being less impair'd in such Persons than in others, shews us how this Viscid, drawn off, takes away the Cause.

Reason also persuades us, inasmuch as there is no Change of Colour in the Parts affected, the Pain shifts from Part to Part, and is relieved by Sweats; all which shew us that the Blood is sharp, viscid, and apt to stagnate and be extravasated.

From the History I have given of the Gout, and its Seat, we shall be determin'd to fix upon the following Particulars:

1. The Gout arises from a sudden Refrigeration of the Joints, much heated by Fire or Motion, whether by Water or  
any

any other cooling Method, and particularly if Heat and Cold have been often and alternately made use of. 2. From the frequent exposing ourselves to a cloudy, moist, thick, foggy, or fenny Air. 3. From Eatables and Drinkables abounding at once with acrimonious and fermenting Particles. 4. From Excess in Venery. 5. From an Hereditary Disposition, or from Infection. And from hence it is plain, that such Things as raise this Disease, do deprave the Alimentary Juices of the Joints, either before they arrive at them, or when they are deposited there.

If you would know more thoroughly the Manner of its Increase, consider that the Air gives Rise to a putredinous Fermentation in Places abounding with standing Waters; and as all Putrefaction tends to Attenuation, you may easily conceive, how a fermenting, subtle and volatile Poison transmutes, like Fire, all into itself; and when these Humours arrive at the Bones, Joints and Glands, they do not pass, but stick in the small Passages, ferment there, work and twitch the Parts, and lay a Foundation for this Disease. Amongst these Humours, what Compositions  
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may we not imagine? And particularly, how many Particles are there which are of a cutting and pricking Nature? And what dreadful Consequences may we not expect from such dangerous Guests?

Whoever indulge themselves in the Use of acid, spirituous, or fermenting Liquids, destroy the Tone of the Blood, and System of the Nerves; because they deprave the Aliments, the Chyle, the Blood, the Lymph, and the Nervous Juice, with a spirituous and an acid Temperament: And these being carried to the Places they are design'd to nourish, contract and shrivel all the Passages into impassable Roads: And let any considerate Person weigh the Precipices such unwary Livers are driving upon.

In the Exercise of Venery, it is manifest, that all the Parts of the Body, and particularly the Organ of the Senses and Motion, are most vehemently mov'd; that the Balsamick Part of the Liquors are expended by it; that the Spirits are destroy'd in such a manner, that the Juices, robb'd of their Oil and Spirit, are rendred more aculeated and sharp on the one, and more thick on the other side: And especially when it is join'd

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in with Excess of drinking Liquors, which are fill'd with acid and fermenting Particles, this Disease cannot fail of taking sure Root.

As for such to whom the Disease is bequeathed by way of a Legacy; they are sure of feeling the Load; and it is well if other Advantages alleviate the Misfortune:

The Joints kept warm, perspire; but suddenly cool'd, the Pores close, and nothing is expell'd. Whatever then occasions Stagnation, destroys the Tone of the Vessels, and gives Rise to a Gout.

This suppos'd, let us conceive Corpuscles, endued with acute and rigid Figures, driven by what Cause soever into a Part surrounded by tender Membranes, they will enter the small Canals, which have a most accurate Sense, and are capable of Spasmodick Contractions, and their Property is known by Experiment; to wit, that they are shrivel'd and drawn up by the least thing that pricks them, from whence arises an Idea of Pain; and therefore as often as any extraneous, sharp Particles or Matter exagitate these Parts, presently begins a Pain like that of a Dislocation; (to wit, Tension, Punction, Tearing, Heat and Spasms) and  
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where the Fibres continue long in this contracted State, the Channels, through which the Spirits and Blood used to flow, are straitned, the Passages are blocked up, the Matter contained stagnates, obstructs, distends; and, lastly, by reason of the Crowd of the Liquids pressing on behind, tears and breaks the Fibres near the Junctures; and with what Rack and Torture the wretched Patient is torne, I wish every one wou'd rather believe, than put himself into the Danger of trying. As soon as these small Fibres are broken, their Contents are spued out, and the humid Parts harden confusedly into Bone, Stone, or Chalk; the Skin breaks, and often throws such like things out. The Junctures, being vastly distended by these Humours, straiten all the Vessels which used to water the Parts adjacent, and afford their Aliment, and deprive them of fresh Supplies; and hence it is, that they pine away, and look more like dead than living Members.

The Causes of the Gout lead me naturally to the Causes of the Stone; which is a Condensation of a viscus Earth, produced from the Exhalation of the aqueous Particles.

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Every one understands, that the Kidneys and Bladder are Parts allotted for the Secretion of a Salty *Serum*; since such is daily excren'd thro' these Parts: However salt this *Serum* is, it is not thoroughly deprived in a natural Constitution of its Balsamick Parts, or otherwise we might daily Experience the Misfortune of Stranguries; for it cannot be the *Mucus* in the Passages alone that would defend us from this Inconvenience; Wherefore some oily Parts ought naturally to enter into the Composition of our Urine.

The Analysis of our Urine shews us; that there are in it Muriatick Particles in abundance. It is beyond all Dispute, that Obstructions and Chronick Diseases draw their Origin from an Incrassation of the Humours. This is attributed to an Acid, and cured by their Contraries; and that Alkalies create hot Distempers, and are cured by Acids. Now the Stone is occasioned from a Muriatick, a Viscid, and a great deal of gritty Matter combined into a Mass; and the Stone distilled affords a volatile Salt to 4th Part, some Oil and Water, and a great deal of Earth.

From what has been said of the Causes of these three Distempers, give me leave

to draw the following Parallel among them.

A Rheumatism of Continuance dwindles into a *Gout*; and a *Gout*, when at its full Growth, produces the Gravel and Stone; from whence it is regularly inferred, that a Rheumatism is a young *Gout*, and an old *Gout* is the Stone.

So that a Rheumatism and the *Gout* seem to differ as a Symptomatical and a Critical Sweat. As a Symptomatical Sweat in a Fever does not relieve the Patient, but harrasses him, so Rheumatick Pains fatigue the Patients: But as a Critical Sweat takes off the Disease, so does the *Gout* free Persons labouring under Chronick Cases. And as in a Sympmtomatical Sweat, the Humours are not concocted, so in a Rheumatism the Humours are crude and viscid: And as in Critical Sweats, concocted and noxious Humours are thrown off by the Pores, so in the *Gout* the concocted and noxious Humours occasioning Diseases are evacuated by the Feet: And lastly, as Time is required to concoct the crude Humours in a Fever, so as they may be safely thrown out of the Body, so it seems to be with Rheumatisms which turn into *Gouts*. From whence it appears,

pears, that there is but a small Gradation between the one Disease and the other; and that the *Gout* is a middle State betwixt a *Rheumatism* and a *Stone*; and that consequently the Humours in the *Gout* are more sharp and putrid than in a *Rheumatism*; and that in a *Stone*, the aqueous, saline, and oily Particles constituting a *Rheumatism*, must be exhaled in a great degree.

As for a *Rheumatism*, it seldom or never endangers Life; but by its Length and Violence of Pain, it gives great Uneasiness, and extends itself to Months, and even to Years, if it be not attended with a Fever.

As for the *Gout*, in young Boys, the moderate Use of Wine, Meats, and Veneries, protect them from this Enemy; since a calm Mind, lax Vessels, and want of *Semen*, render all serene and sedate; and the same Reasons hold good in Girls and Eunuchs. But in Viragoes, we often find this Disease acting its Part with the utmost Rage.

It principally attacks the *Ligaments*; because where the Tendons are about to turn into Bones, they become most narrow and straight; and therefore their Nearness to the Bone, occasions a Coar-

Station, and thro' a slow Motion of the Fluids brought thither, a Stagnation, Distension, and a Gout; and this becomes most manifest from this Experience, that it commonly seizes the most extreme, remote and distant Places first; so that the Toes are first attack'd, then the *Tarsus*, *Metatarsus*, the Heel, Knees, Shoulders, *Vertebrae*, Hands, Arms, &c.

Upon these Principles, we know why the *Spring* exasperates it; for at this time, all fermenting Liquors, all Juices of Trees, &c. renew their Vigour; but in the *Autumn*, the Pores open'd by the Summer begin to be obstructed, Transpiration is impeded, the Weight of Humours is increased, intestine Broils commence, and Diseases are produced. They are free in Summer, by reason of a plentiful Transpiration, and in Winter by reason of a calm Motion of the Humours. And it is observ'd, that Gouts in colder Regions are apt to turn into Stones about the Joints; but in the warmer Countries, the Pains are more exquisite.

It will not be needful to enquire why abstemious Persons, and such as use sweet and smooth Wines, are more rarely troubled with the Gout, than such  
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as drink the smaller and *French Wines* for Experience shews us, that the gritty and acid Particles contain'd in the latter, are the immediate Parent of the Gout; whereas smooth Wines are free from such noxious Corpuscles.

As for the *Stone*, this Disorder in the common way is seldom cured in old People: It is a Disease most difficult to be rooted out, and especially if Hereditary. The *Stone* of the Bladder is more difficult to be cured than that of the Kidneys. Women are easily remedied, if it be in the Bladder. Such as are laxative are seldom troubled with it. A *Stone* of the Kidneys, with an Ulcer, is dangerous.

Having run thro' the several Parts of these Diseases in a concise and intelligible Manner; it remains to consider the common Methods of Cure handed down to us from Antiquity to the present Age; and a Rheumatism being an ambiguous Term, its Varieties ought to be seriously weighed, in order to settle true and regular Indications, for Extirpation of it. I find it too obvious, to require Consideration, that Bleeding has been prejudicial in some Rheumatisms, whilst the Omission of it is unpardonable

donable in others; the *acute Swellings* and *feverish Rheumatisms* do necessarily demand it, and also a cooling Diet; whilst the *Chronick*, the *wandering*, the *dull Pains*, attended with a cool Habit, are not remedied without Purgatives and attenuating Medicines; so widely do these Cases differ from each other in the ordinary way of Management. However, it must be remark'd, that a *Viscid* is the common Parent of either *Species*; but whether this Quality can be supposed to differ from itself, is a Question more worth the while, than to be discuss'd in so small a Compass as I have to range in: Wherefore I shall make these short Remarks only, that there is a *Viscid* which can be attenuated by warm and agitating Medicines; and on the contrary, there is a *Viscid* that will become yet more so by these Drugs. I only demand, if there cannot be a Remedy found out which will equally and alike dissolve any *Coagulum* or *Viscid*? Of which more anon.

However, I think it is too plain, that common Practitioners do no sooner hear Complaints made of Pains, than they promiscuously order Bleeding to be used and repeated; and I think we in *England*

land owe this Mistake in Practice to Dr. Sydenham. I wonder not at Foreigners in warmer Climes, when they prescribe reiterated Venesection on such Occasions, because in Truth their Blood is warm and sharp, and very often boils over, and bursts their Vessels, unless they draw or tap some off; but ours is oftner gross and thick from Colds; and our cool, and sometimes foggy Air and uncertain Weather: And Bleeding endangers Dropsies, or at least a bad Digestion: So that warm and comfortable Medicines are rather to be used, than to waste that precious Liquor: In either kind few Drugs are required to compass a Cure. And upon the whole, there is a Method which hath never yet fail'd me, that will take off both Sorts without Alteration; I except where the Seeds of this Disease are seated in the Lungs, and other Principal *Viscera*, before I have the Fortune to be concern'd; for then more particular Methods must be used, to guard against the evil Consequences of Consumptions, Inflammations of the Bowels, and such like.

When we are call'd to a Gouty Patient, Enquiry must be made, whether it falls to him by Inheritance? Whether  
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it be an inveterate Gout? And whether it is become *Nodose*? For we must regulate our Measures accordingly, since if we cannot eradicate, we can give some Relief at least. The Indications vary, as the Physician sees good to mitigate the Symptoms, or root out the Disease: If the former be his Aim, then his Design is to sheathe the Acuteness of the Morbifick Particles sticking in the Place affected, to appease the Sense of Pain, or to disperse the Ailment itself from the Part it fixes upon. If the latter be his Intention, all those things which were done in the former Case, are also to be done here; and moreover, the Humours must be reduced to a natural State.

Our Enquiries into the Cause of this Disease have inform'd us, that the offending Matter is endued with an acid and fermenting Acrimony. Whoever then sheathes these acute and pricking Particles with oleose, balsamick, glutinous, and alcalious Medicines, does such Service to the Sick, as answers the first Intention. For as to reaching the very remote Cause, Experience loudly proclaims our Insufficiency; and since living Bodies do throw off Dregs, and do also on the other hand receive many  
noxious

noxious Particles into them, we must have recourse to Medicines appropriated to the Parts. Wherefore, if the Constitution of the Patient and the Pain will allow us, the Parts which are grieved and under Pain must be rubb'd with oily, balsamick, and Nervous Medicines, before a Fire, laying a warm Brick upon the Place to make it penetrate. Hence the following is commended by some; take Seeds of Rue, Fennel, of each one Ounce, Flowers of Rosemary, Camomile, Spikenard, of each one Pugil; Roots of Masterwort, Elecampane, of each one Ounce; infuse all these in two Pounds of Spirit of Turpentine, and then boil them gently in a close Vessel; then express the Oil, and put on fresh Ingredients to infuse it; Boil it again, and strain out the Oil; repeat this Infusion in fresh Ingredients, boil and strain it again. This is recommended as a safe *Arthritick Balsam*. Also the Emollient and Mucilaginous Herbs may be boiled in Water, and made into the Form of a Cataplasmi: For Example; take Leaves of Mallow, Pellitory of the Wall, of each one Handful; Roots of Marsh-Mallows, Orpin, of each two Ounces; Lilly Roots, Onions,  
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of each two Heads; make a Cataplasm with Milk, Water, and Bean Meal.

If our Intention be to weaken the abounding and furious Acid, Medicines which are charged with Alcalious Particles are of use: For Example; take Plaister of Red Lead, *Paracelsus*, of *Lapis Calaminaris*, of each one Ounce; melt them, and apply them warm.

But altho' we make use of these things with utmost Care, the Pain is so far from ceasing, that it rages with double Fury, destroying the vital and animal Functions and disturbing their Reason: In this Case we take refuge in such Medicines as sooth and mitigate the excessive Pain, in administering and applying such as the following; to wit, take Germander Water (distill'd after Fermentation) twelve Ounces; Tincture of Opium tartarised, sixty Drops; Volatile Salt of Harts-Horn, a Dram; Syrup of Mugwort, two Ounces; make a Mixture, of which take one Ounce every Hour, until the excessive Pain be allay'd, and Rest creeps on; and outwardly apply the following Anodyne Cataplasm; take Leaves of Germander, Ground-Pine, Betony, Rosemary, of each one Handful; the Root of White Henbane powder'd, half an Ounce;  
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boil them in Water to a thick Consistence; to which add, just before you apply it, Pot-Ashes a Dram, Salt Armoniac one Ounce. Or this Plaister, take Powder of Henbane Root, six Drams; Flowers of Brimstone, two Ounces; Shoemakers Wax, three Ounces; Oil of Henbane Seed, two Drams; mix and make a Plaister.

But such Care shou'd be taken of the Part affected, that we shou'd be diligent in removing the sharp Salts from the Part griev'd. To this end and purpose, the Decoctions of Herbs, Flowers, Roots and Seeds, profitable for the Head and Nerves, do conduce, always blended with Volatile Salts and Camphorated Spirit of Wine; and these are often to be renewed and applied warm to the Parts affected.

So many are the Applications made use of in this Disease, that a Volume of a large Size could not contain them. For my own part, I stand at a Gaze, to find our very publick Papers full of greater Secrets for this Disease, than ever the Art of Physick invented; and when I read of *Never-failing, Infallible, Specifick, Curing upon the Spot, so as never to return again, Anodyne Tinctures*, and

a Thousand such fine Promises ; as I am not so unfortunate as to be *Gouty*, I smile to think how Men of Sense and Wealth, whose Inheritance the *Gout* generally is, spurn at such bold Promises ; and of how small a Value the Prey caught by such Toils can be to such very worthy Gentlemen as spend their Brains in serving the Publick so usefully : But alas ! great Men, and Persons of such Publick Spirits, very often are not rewarded according to their Merits ! Otherwise without all Peradventure, we should see some exalted for their glorious Exploits of this kind. The Acquaintance I have had with Nature is of a long standing, and I have never yet read or experienced, that she ever informed any one of a Secret which would not only take off the Fitt of the Gout, but also hinder its Return for ever after. I remember she gave me in Command never to promise an impossible thing, because I should be soon found out and reviled for it : But it is feasible either to *mitigate* or *forestall* a Fitt ; and he who can perform these Feats the most dextrously, deserves the Prize.

I am well aware, that Repelling the Gout from the Part, is a dangerous Attempt,

tempt, and is what ruins Thousands impatient of Pain: I detest such a Practice, and am utterly averse to all such Methods. As soon then as the Gout has seiz'd any Member, apply nothing, administer nothing, but what will conduce to give *safe Ease*; keep it visible, let it by no means retreat into the Bowels: However, it is not reasonable to suffer Gouty Persons to languish away with excessive Pain; and therefore I have experienced a safe Application, and a Cordial Expeller, which used together never deceive my Patients, but give the Gout and Respite at one and the same time, that is, secure the Disease, and chain it down to the Extremities at the same time that they refresh the Patient, give him Relief of his Anguish, and cause him to take large and quick Steps towards his Recovery.

I shall wave these Considerations at present, and return to the Methods used by several Authors; Sir *William Temple* and *Ten Rhyne* have given large *Encomia* on the *Moxa* for curing the Gout; they kindle the Woolly Substance growing upon Mugwort, and by this Torch burn the Skin, and take off the Gout by it: As Fire and Burning is the Case, I suppose whatsoever does this will, equally  
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take off a Fitt. Whatever Success this Burning has in Curing, it does it by a Succussion of the Fibres in the Part ; by which Shock the Matter lodged is perspired and driven out. But tho' this takes off a Fitt, it does not hinder its creeping to another Joint, and therefore it is but a Palliative Method, and not worth the Experiment. In Imitation of this whimsical Method, some have made use of nettling the Part, by which first an intolerable Pain is brought on, which is followed by a Redness and Watry Pustules, and then the Pain ceases ; but I am afraid this will be found dangerous and apt to bring on a Gangreen, which often follows too great a Distension. Some also have been so fool-hardy, as to prick the Parts griev'd with a Needle, and have obtained Relief ; but such devious Methods are in Disuse.

If a Person is call'd to the Relief of a Nodose Gout, principal Care must be taken of all Mistakes in Diet ; wherefore the Patient must be forbid the immoderate Use of Wines, Junketings and Venery ; his Victuals must be what will nourish and concoct with Ease ; such are young Fowls and Animals ; not cook'd up with the hotter Spices, but with

with gentle Aromaticks; such are Rice, Barley, Oatmeal Meats, Milk, and all relaxing things: His Drink should be well boil'd Ale, in which are infused Germander, Ground-Pine, Whitlow Grass, wild Carrot, Parsley and Fennel Seeds, Angelica, Elecampane, and such like: Coffee and Tea are not amiss; now and then he should take a gentle Laxative, to make Nature answer once or twice a Day. He must avoid Cold and Rains; his Exercise should be frequent, but moderate; he should use gentle Diaphoreticks before he rises in a Morning; to wit, the Volatile Salts of Harts-Horn, or of Human Blood in any warm Decoction; and if he follows this Method religiously, he may expect a Mitigation of his Disease, which is all he must hope for.

I come in the last place to take into Consideration the *Stone*, and its Preventive and Curative Methods; where three things are to be considered: First, that its Causes be taken away, which give Rise to Fitts. Secondly, that it be thrown out of the Body when bred in it. Thirdly, that the Symptoms, namely, its intolerable Pain, be assuaged, and

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Suppressions of Urine be warded or taken off.

In preventing then, we must first and principally take care that the remote Matter, to wit, the Diet, be diligently look'd into, and on the contrary a wholesome and regular way of Living must be advised; wherefore the Patient must use Meats of easy Digestion, which afford no gross Nourishment, and which are endued with an attenuating and inciding Quality. To this purpose Broths of Mutton, Veal, and Capons boil'd with Chervil, Barbery, and such like, Lemon Juice in such Decoctions; also wild Pigeons are advised because of the Nitrous Salt they abound with, which corrects the fix'd Tartarous Salt in our Bodies; their Dung make it very evident how much they are loaded with a Salt, since a great deal of Nitre is easily acquired from it, which argues them to abound with such Particles.

If in any Disease, Sobriety and Moderation are of use, it certainly is in this; before Meals it would be advisable to use gentle Exercise, because by such a moderate Motion of the Body, a frequent Respiration is introduced; and a brisker Motion of the Fluids is raised, their

their Fluidity is increased, the Blood is divided into smaller Molecules, the Mass is rendred equal, and the Ferments are separated in a due Order and Manner; for according to *Hippocrates*, a Person who eats heartily cannot long continue Sound, unless he make also use of Exercise. So far as the Passions are prejudicial, they ought to be kept under proper bounds. Then the Matter of the Stone, to wit, a Load of gross and crude Humours bred in the Body imprudently by an inordinate Diet, or any other Cause, is to be carried off by such other Passages as may hinder its falling upon the Kidneys; for which purpose milder Catharticks are to be exhibited, which gently draw down the strong Matter without giving any Disturbance to the Fluids; for the stronger Catharticks are to be left to be made use of by the Unskilful, whose Custom it is to impose their Secrets on the Vulgar, and deal in Destruction unmercifully under the Mask of Specifick Tinctures, Laxative Elixirs, Antinephretick Mixtures, and I know not what. Hence *Manna*, *Cassia*, *Solutive Syrup of Roses*, *Diaprunum*, and such like, are of use: And since the Cause is the Measure of the Remedy,

*medy*, the greater or less Quantity of *that* guides us in the Quality and Quantity of *this*; and that the Humours which offend may the easier be carried off, they must be rendred Fluxile before Evacuation, as *Hippocrates* informs us, by saying, if you wou'd purge Bodies, they must be made Fluid first; that is, the gross and glutinous Humours must be attenuated by proper Remedies, such are Digestives made of Bitters, Volatile Salts, &c.

Glisters are here of use: Such are made of strong *Spanish* Wine, Turpentine wash'd, Oils of Almonds, Scorpions, distill'd Oil of Juniper-Berries, *Philonium Romanum*, and such like.

In the mean while, if the Age, Plenty of Blood, and Strength of the Patient permitt, Bleeding may be practis'd, which conduces to fan the Blood, to promote the Circulation, and helps to make the Internals have their desired Effects more promptly; and hence, it is that the Bleeding Piles are of such use to defend Persons from the Gout and Stone, as *Hippocrates* observes. The Piles coming upon a Melancholy and the Gravel, are of use; *Hollerius* explaining this Aphorism, gives us a Memorable Example of

a certain Person he saw reliev'd by the Piles, when no Catharticks, no Diureticks, no Anodynes Internal or External had any Effect upon him; wherefore in Men that are accustomed to this Disease, let the Plenitude be evacuated by Leeches applied, and in Women deprived of their *Lunar Tribute* open the *Saphena* Vein after a new Moon.

Emeticks also often repeated are very conducive, especially where the Patient is infested with sour Belchings: It is true, that this Advice does not agree with all without Distinction; however it does with lean Persons, and with such as vomit with ease; for such as have a narrow Breast, a long and slender Neck, are to be purged, but not vomited; at present strong Vomits are out of use, unless upon certain Occasions. After the Patient has done Vomiting, Relief often ensues, at least Danger is often forestall'd; for in green and acid Contents of the Stomach, the *Fomes* of the Stone often lodges, and by this means an impure Mals, which would in a small time bring on a dangerous Disease, is swept away in a convenient Season; for it is better to expell such a Pestilential Seed in the Bud, than to suffer it to bring forth bad

Fruit; yea I remember to have read of a Nephritick Person, whose Excrements always smelt sour: In such a Case Absorbers of Acids, such as Saturnines, Chalybeats, calcin'd Bones, volatile Salt, and such, which correct the abounding Acidity, and precipitate out of the *Mucus* the Stony Particles, are certainly of use.

If any of this Matter is lodged upon the Kidneys, it ought immediately to be shaken off by the help of Diureticks, which ought to be chosen with Discretion, otherwise we may aggravate the Disease. Turpentine is a Drug which conduces to this purpose in a Specifick Manner, by occasion of its Balsamick and Irritating Qualities; it is given in sundry Forms, without any Diminution of its Vertues; half an Ounce of it, mix'd with Balsam of Juniper and the Yolk of an Egg in a Decoction of Red Vetches, is much commended; the more nice Palates require it in the Form of Pills. Balsam of Peru to a Dram may be given in the Whey of Goats Milk every Morning; moreover the Mineral Waters of Steel are look'd upon as useful Diureticks in the Stone and Gravel, since they attenuate the Matter which breeds the Stone, and carry it off by  
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the Kidneys, and also cool the *Fervor* of the Reins, which bakes this Matter that gives us so much Trouble.

The next Design in the Stone, is, that the Stone being bred should be thrown off; but here it must be observed, that if a large Stone sticks in the Kidneys, it is not to be thrust forwards by any means; or if it be bred hereditarily, the Affair must be left to Nature; but if it be a small one, and contained in the Basin of the Kidney, it ought to be expell'd as soon as may be; for a large Stone being slipt into the Ureters, the Pain becomes intolerable, and brings often Convulsions and Faintings; so that unless the Pain be assuaged by Internals and Externals, the Patient perishes under this Conflict; but before the Expulsion of a small Stone be attempted, we ought to premise such things as smoothe the Passages and render them slippery.

For this purpose are an equal Quantity of Oil of Almonds and Rhenish Wine, to which a little Honey added is much commended, or Oil of Olive to the Quantity of an Ounce; as are Cassia drawn fresh from the Cane, and fat Broths drank plentifully; to the same ends and purposes Syrup of Marsh-Mal-

lows is in present use, and moreover Glsters made up of Emollients, to wit, Roots of *Althaa*, white Lillies, Flowers of Chamomile, and Mellilot; Oils of Chamomile, Lillies or Almonds, are worthy of Commendation.

Externally, Cataplasms, or Fomentations made of Emollients, are made use of to allay and mitigate the Pains; as also Oily and Unctuous Medicines; to which may be added a Bath of warm Water made up with Emollients, and at the same time internal Diureticks are a most Efficacious Method.

And since Colick Pains frequently concomitate the Nephritick, we are obliged to make use of Glsters, Carminatives, gentle Purgatives, Diureticks, and Opiates all at once; the Purgatives indeed, and the Carminatives, avail little if at all in the Stone, nor do the Diureticks alleviate the Colick, which Experiments serve us in good stead for the discovery of the Disease; for he who finds Physick useless in what he supposes a flatulent Colick, must conclude himself mistaken in his Diagnosticks; and hence *Waleus* says, in Nephritick Pains whether you purge or bleed, you do

nothing to the purpose, but give Turpentine, and the Affair will be done.

Having proceeded in the manner I have spoken, it yet remains for us to administer Medicines for moving the Stone; such are all those which are call'd Diureticks; a large Catalogue of which may be seen in Authors, most of which for Brevity's sake I shall supersede the mentioning: Some few of them are Oils of Mace, Balsam of Peru and Capiwi, all Turpentine, Oils of Nutmegs distill'd, of Juniper, of Amber, *Castile* Soap, Soap of Oil of Turpentine; Salt of Scordium, Seeds of Nettles, Daucus, Juniper Berries, the five opening Roots, Mace, Capier and Tamarisk Barks, Powder of Millepedes, calcin'd Toads, and such like.

In a large Stone, since as I have said above, it is dangerous to expell it, we must take a View into what can be done in such a Circumstance; whether there be any Lithontripticks in Nature, which can perfectly dissolve the Stone in the Kidney or Bladder, many dispute warmly; as for my part, I leave this Question to be canvass'd by the Learned. In the mean while, it can hardly be argued against with any shew of Reason, since  
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we have seen it so often attested in the Advertisements of our Publick Papers, and the vast Numbers daily cured in this manner, that too few are left behind to make farther Trials on. Were it not for these repeated Testimonies, I must confess, I am very inclinable to believe the Negative most true. However, as I am an utter Stranger to these *Arcanum's*, give me leave to mention some of my own Knowledge. Amongst the most celebrated are accounted Millepedes, Earth Worms, Crabs Eyes, Egg Shells, Glass calcin'd and wash'd, Goats Blood, commended by Antiquity and the Moderns, Salt Petre, and *Helmont's* Darling Seeds of wild Carrot, Spirit of Wine, Oil of Amber, and its Salt, volatile Salt of Stone, which some commend as very Efficacious for being Deobstructive, moving the Mass of Blood, carrying off the ferous Parts, hindring Concretions, correcting Acids, inciding glutinous Humours, and strengthening the Parts; Spirits of Nitre and Salt are extoll'd, but particularly those of Nitre; for if History may be credited in the Province of *Nitria* in *Egypt*, from whence we have Nitre, there is hardly a Stone to be seen. Acids, by reason of their sharp Points, are imagin'd

gin'd to penetrate deep, and destroy Stony Concretions; but I don't find *Helmont* of this Opinion. How much is there of *Terra Incognita* yet undiscover'd in Physick! for who is so well skill'd, as to know the exact and mechanical Proportion between Medicines and the Humours or Ferments of our Bodies, which, however, Nature makes use of in her Labours; for there are so many Ferments, as there are Digestions, and each is contrary to one another; as may be gather'd, from this, that the Chyle in the Stomach, which tastes and smells sour, acquires a Salty one as soon as it has left that Apartment; no otherwise than the sharpest and tartest Vinegar, by throwing in a little *Minium*, changes its Taste into an Aluminous Sweetness in an Instant. I must confess, I fear that Acids taken down do too too often meet with Terrestrial Particles, and Glutinous ones also, and do thereby at last concrete into Stones; for besides Oil and Volatile Salts, which arise from the Mucilage and Acid combined, we find little else but Earth in Stones taken from Human Bodies.

I leave many more Medicines yet unmention'd, which are called *Lithontrip-tick*;

tick; but as enough has been said of this Affair at present, I shall pass on to the last Consideration.

As for the Stone in the Bladder, I have nothing farther to add, since its Cure differs not from the Cure of the Stone in the Kidneys, unless perhaps that the Medicines having a farther Journey to take, ought to be stronger here; but these are not proper, because they may carry the impure and gross Particles along with them into the Bladder also, and yet not quite rob the Kidneys of their troublesome Guest; nor would Injections serve the turn, the mildest are hurtful, and as for Acids injected they are dangerous; it is observed of the Bladder, that if it is boil'd in Acids, it turns into a Mucilage, and if in Saline Liquors it thickens, in Oily Liquors it is burnt and becomes friable; to what purpose then do Men with their secret Injections pretend to destroy the Stone in the Bladder? *Tenrhyne* tells us of an Empirick, who destroy'd a Patient with an Injection of Spirit of Nitre, which Opiats reliev'd not. One thing remains, to wit, if the Stone be larger than can be expell'd, and no Remedy can be found to dissolve it, the last Refuge is cutting, which

which differs in the Manner, and the Sex also varies the Operation: The Operator shou'd diligently enquire into all Circumstances; for sometimes the Stone adheres to the Bladder, and then the Operation is Impracticable, and Authors have observed such an imprudent Attempt to have been attended with the Laceration of the Bladder and Death; and should all the previous *Apparatus* to Extraction be entred upon, and the Part cut, and the Stone shou'd then only be discover'd to be contained in a *Cystis*, it would be an Action ill becoming a Christian to expose the Life of the Patient to Danger for the sake of filthy Lucre.

According to the Order of things, the Symptoms ought to follow; and therefore if the *Pain* be grievous, and there be reason to apprehend that the Patient will sink under it; or if it rages with such Violence, as to bring the Life of the Patient into manifest Danger, by reason of constant Watchfulness and Exhaustion of Spirits, the Person concern'd must be vigilant to relieve them as soon as may be; such things assuage these Painful Contractions of the Ureters, as relax the contracted Fibres, procure an  
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easy Exit to the Stone, and are Anodyne and even sometimes Narcotick; which the Remedies already prescribed for Lubricating the Passages, effect at one and the same time. Hitherto are referr'd softning and deterfive Glisters, Fomentations, and Baths, which relax the tense Fibres, which, if they prove Abortive, must be assisted with Narcoticks also; such are *Philonium Persicum*, *Requies Nicolai*, *Laudanum Opiatum*, and such like, given in a larger Quantity than usually; because they provoke Sweats without Expence of the Spirits; and if blended with proper Specificks, neither do they fix the Spirits, as some will have it.

Moreover the Difficulty of making Water is a great Complaint, for the Relief of which, both Diureticks internally and externally, Liniments of Ointment of *Althæa*, Oils of Almonds, Scorpions, Turpentine, of Juniper, of Chamomile, of Lillies, of Cummin, of Amber, of Balsam, of Sulphur, succinated, and such like, as also Fomentations and Cataplasms, accommodated to this Intention, are made use of. A certain Author commends a Plaister of Onions

Onions boil'd in Wine, which being wore for three Years, dissolved a Stone.

In extreme Danger of Life, where the Stone, descending from the Kidney, is obstructed in its Passage, it is advisable to blend Diureticks with Opiates, that both Intentions (to wit of pushing the Stone forward without Pain) may be fully answer'd. *Platerus*, *Forestus*, and *Hollerius*, commend Cupping Glasses applied a little below the Place where the Pain fixes, and say they draw the Stone gradually down towards the Bladder; and if a Stone fix'd in the Neck of the Bladder or in the Ureters shou'd obstruct the Passages, a convenient Posture and Motion are applauded.

Some urge that a Stone is to be cut out of the Kidneys, by the Advice of *Hippocrates*; how far such are under a Mistake, will easily appear, if it be considered, that he speaks in the Text of a Stone, which tends outward upon an Abscess; and such a Case, I have been told, has been seen, where a Stone appear'd in the *Perinaum*, and was taken for a Tumour, which not dispersing, nor coming to Suppuration, was judg'd to be a *Scirrhus*, but upon narrow Scrutiny was found to be a Stone which had wrought its way out  
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of the Bladder, and was broken into equal Halves and taken thence with ease.

Some there are, who commend the frequent Use of *Mercurius Dulcis* in the Stone and Gravel, which carries off the *Mucus* that adheres to the Stone and Parts, and helps to generate Stones; and this I know by Experience to be an excellent Medicine in these Cases.

To conclude my Observations on the Stone, Lenients, and Emollients, are certainly the most safe in Fitts of the Stone; for we must chiefly aim at the Relaxation of all the Ducts, for which end the Belly is to be kept Soluble, lest the Intestines, stretch'd with Contents, should press the Kidneys. Hence Milk Glisters have exceeded all others the most pompous in such a Case; and more particularly if Turpentine dissolv'd with the Yolk of an Egg be mix'd therewith; to this purpose also Emulsions, Oils, and such like, are good.

Out of the Fitt, the stony Matter must be thrown out of the Blood, and all the Intentions already mention'd must be followed.

But alas! how shall we exactly assure any one afflicted with a Stone, that we  
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can expell that Matter? Or how can we be assured what Quantity of that Matter is contained in the Blood? Whereupon I must take the Assurance to affirm, that there is no Method to be taken, which carries Certainty along with it, to prevent the Generation of Stones, save this, to wit, a particular Care of what Liquors we drink, that they contain no Stony Matter. Without this Care, we aim in vain to prevent Firts of the Stone: For is it not certain that Wines contain Tartar; and within that, Stone? Is it not certain that all Liquors brewed with Water contain Earthy and Stony Particles? If then there be no Method to precipitate these Stony Particles from the Liquors before we swallow them, I am very sure, 'tis an Impossibility to do it after they have enter'd our Blood; and hence it comes to pass, that so few of such as are afflicted with the Stone, receive Benefit from Physicians, because they begin at the wrong end; surely it is easier to prevent being poison'd, by throwing the Venomous Particles down to the bottom, than to remedy the Consequences, when they have seiz'd upon our Vitals.

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If then there be any Methods that will clear the Liquors we drink, of the Stony Particles they contain, before they are swallowed down into our Stomachs, Nephritick and Gouty Persons ought to use them very diligently; (the Causes of these Distempers being of the same Origine) and I will engage to demonstrate to such, that this is very feasible; for I will take any petrifying Water, and precipitate all its Stony Particles so effectually, as that they shall not find one Grain upon Evaporation, whereas without this Method they may find a hundred. As this Secret is certain, I leave it to the Consideration of Persons afflicted with the Stone and Gout, of what Advantage such an *Arcanum* will be to them; for as no one is troubled with Fitts of the Stone sooner than such Particles are heap'd up in the Body; and as no one receives such Particles but from the Liquors they make use of daily; so such a Medicine as will visibly take away such Particles, by throwing them down to the bottom of the Liquors to be drank; such a Device, I say, surely prevents all Stony Particles from entering the Blood and consequently all Fitts for the future.

I press this *Arcanum* upon no one; every Person is left to his Liberty to make the Experiment at his own leisure; the Preparation is Innocent and can do no Harm; the Price is easy; and I know the Afflicted will reap the Advantage.

I must add, that I have found the Affinity between these Distempers to give me great lights into the Cures of these three Diseases; for as a Rheumatick Person turns Gouty, and the Gouty, Nephritick by a sure Consequence: I have also experienced that the Gross turn grosser, and the grosser hard, and so at last fix what will hinder the Accumulation of hard Particles or will keep them suspended; for if once it happens that Stony Particles approach each other so near as to bear any Weight, they sink down into the Parts, and become proportionably troublesome; and yet particular Care is to be taken, that what is given do not lessen this Proportion between the Liquid and the Gross, which keeps these Particles suspended.

I do not give this Caution in order to heighten my Skill in this Affair; but I cannot conceal a sincere Truth, that Medicines which are given for the Relief of these three Diseases, ought to be

very carefully adjusted, since a sinister Use is hazardous; to adjust them requires Use and Judgment, lest we over or under-do, so that we must have an Eye to the Old Adage, *ne quid nimis*; and I say also *ne quid minus*.

If I am applied to whilst a Person is afflicted with a *Rheumatism*, I can safely assure that such never will be troubled with the Gout, if they follow my Remedies according to Directions; if any are *Gouty*, they may very certainly expect to have, after some time, some Fitts of the *Gravel* and *Stone*; which by a strict Observation of the Method I shall prescribe them, may be guarded against beyond Dispute; and lastly, if any are troubled with the *Stone*, I will undertake to secure them from the Danger they will necessarily be liable to, if they will be guided by me. I say not these things upon a bare and empty Notion; but I speak it from Experience.

My *Anti-Rheumatick Pills* carry off the offending Humours, give Relief, and suddenly abate the Violence of the Disease; and if at the same time my *Anti-Rheumatick Tincture* be taken according to Directions, the Blood will be render'd fluid and thin enough to circulate in a proper manner thro' the Veins, and do  
all

all the business allotted it in our Bodies: Whoever knows the true Secret of taking off the Redundance of Humours, correcting the Sharpness of them, and attenuating any sort of Grossness and Viscosity, renews the Appetite, invigorates the Circulation, repairs the Spirits, briskens the Body, restores a lively Colour, promotes all the Secretions, procures Rest, takes off Thirst, gives Agility to the Person, communicates Cheerfulness, and in short, creates a new Life.

In the Gout it must be considered, that there is an *Interval* and a *Fitt*; in the Interval when Persons are free from the Gout, one Method must be taken, and in the Fitt another. I have an *Electuary* with *Drops* to be given out of the Fitt, which lessen the grating and pricking Particles of the Blood, supply Balsamick Parts to it, exhale the offending Salts through the Pores, keep down the Fermentations of the Liquors within us, and render the Fitts less frequent, and less tormenting: And in the Fitt I have an *Application*, which draws it effectually down to the Feet; and a *Cordial Tincture* which secures it from returning back into the Blood. By the sure Assistance of these

these two, the Pain comes to the Station allotted it by Nature, the Parts immediately swell high, as they ought; the Pain, in Proportion as the Part swells, abates the Humour, leaves the Tendons and all the Under Parts, and rises up to the Surface, the Parts scale; and thus the Gout ends with little or no Anguish. And the great Convenience in this Method is this, to wit, the Gout ends suddenly and safely, there is no Danger of Chalky Concretions; the Patients are contented in this, that they have a Fitt in Moderation; and altho' I do not pretend to have any *Arcanum*, whereby to hinder always a Return of the Gout, for I know it impossible to be done, at least with any Drug yet discover'd; yet I can give an Instance of a Person reliev'd, by the Method above-mention'd, of a Fitt of the Gout, when in his Stomach, who has not had a Fitt since, which is upwards of Years since. And Patients may depend upon this Comfort, that their Lives will be prolong'd by preventing immoderate or racking Fitts, and Shortning the Time of a Fitt, with Safety and Contentment.

As for the *Stone*, I have certain *Liquids* with which it is easy to dissolve and precipitate *Stone* or *Gravel*, but I use these in

a different way; for I would have Persons drink no Liquor but such as the stony Particles are precipitated from it, as they will see more amply in the Directions. I take this to be the safest Method of preventing the Gravel and Stone; and I must confess I know no other that is certain. And for the \* Fitts of the Stone, I have Remedies that relieve the Pain, push down the Stone, relax the Parts, promote Urine, hinder the Stones tearing the tender Ureters, scour the Passage, heal the shatter'd Vessels, prevent Bloody Urine, relieve Stranguries, and perform all that can be wish'd for by a Person so griev'd.

\* The L  
thontrip-  
tick Mix-  
ture.

Thus, *Reader*, have I given you a short and easy Account of the *Rheumatism*, *Gout*, and *Stone*. I hope I have drawn a just Parallel among them; I am sure, however, that I have spoke Truth; and that may plead my Excuse for the Oversights I may have been guilty of in these few Sheets. I know of none; if there are any, I will correct them upon Advice, and return publick Thanks to my Adviser.

From my House, in  
Bow Church-Yard  
in Cheapside.

J. C A M.

Where may be had, always ready prepar'd, the  
Medicines mention'd in this Book; which are  
as followeth, viz.

**T H E Antirheumatick Pills and  
Tincture.**

**The Arthritick Electuary, Drops, Ca-  
taplasm, and Cordial Tincture.**

**The Dissolving and Precipitating Li-  
quids and Lithonriptick Mixture.**



**F I N I S.**

From my House in  
St. Andrew's Church Yard  
in London

J. C. A. M.